

DINNERLY



Weeknight Roast Chicken and Potatoes with Broccoli and Feta Sauce



40 minutes



2 Servings

With quick and easy prep, and chicken and veggies cooked together on an oven tray, it's easy to see why this is such a family favourite. A drizzle of creamy feta sauce makes a nice change from gravy.

WHAT WE SEND

- 1 potato
- 1 carrot
- 1 head broccoli
- 1 large free-range chicken breast fillet
- 5g mint and rosemary seasoning ^{6,17}
- 50g feta ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 2 tbs mayonnaise ³
- 2 tsp white wine vinegar ¹⁷
- ½ tsp dijon mustard ¹⁷

TOOLS

- large oven tray
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 655kcal, Fat 37.8g, Carbs 25.4g, Proteins 48.3g



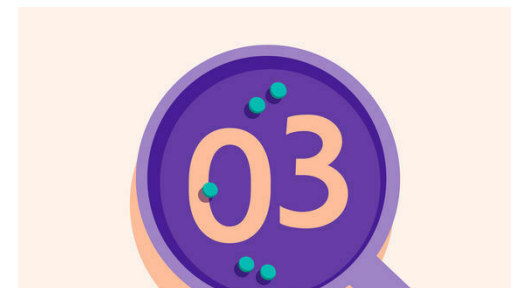
1. Prep ingredients

Preheat the oven to 220C. Line a large oven tray with baking paper. Cut the **unpeeled potato** into 2cm-thick wedges. Peel the **carrot**, halve lengthwise, then cut into 3cm chunks. Cut the **broccoli** stem into 2cm chunks, then cut the head into small florets. Crush or finely chop **2 garlic cloves**.



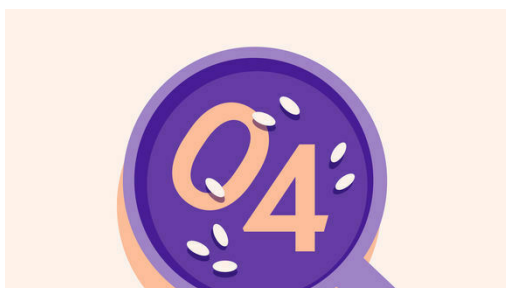
2. Roast veggies

Put the **potato, carrot, broccoli** and **1 tbs olive oil** in a bowl, season with **salt and pepper** and toss to coat. Put on the lined tray and roast for 20 mins. Meanwhile, put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets, then halve each fillet widthwise.



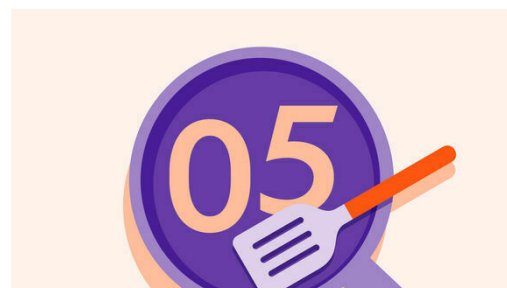
3. Roast chicken

Put the **garlic, mint and rosemary seasoning** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and stir to combine. Add the **chicken** and turn to coat. Put the chicken on top of the veggies and roast for a further 10-12 mins until the chicken is cooked through and the veggies are tender.



4. Make feta sauce

Meanwhile, crumble the **feta** into a bowl and mash with a fork until smooth (see Make it yours). Add **2 tbs mayonnaise, 2 tsp white wine vinegar, ½ tsp dijon mustard** and **1 tbs water**, season with **salt and pepper** and stir to combine.



5. Serve up

Divide the **chicken** and **veggies** among plates, drizzle with the **feta sauce** and enjoy!



6. Make it yours

We've left a few lumps of feta in the sauce for texture, but if you prefer a smoother sauce, use a small food processor to blend all the sauce ingredients together.